

5 Delicious and filling pioneer recipes to learn before SHTF

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([Natural News](#)) Knowing how to make nutritious, filling and delicious meals using ingredients from your survival stockpile is key to surviving when SHTF. Additionally, learning different recipes ensures that you and your family won't get tired of eating only canned food during a disaster scenario.

Here are five pioneer recipes you can learn and add to your survival knowledge. (h/t to [ModernSurvivalOnline.com](#))

Who were the American pioneers?

American pioneers forged this country by taming the wilderness or taking over hostile occupants. Because they didn't have access to modern preservatives, pioneers learned [how to make filling and nutritious meals](#) using the ingredients they had access to.

Even if SHTF, it doesn't mean you can't enjoy homecooked meals. These recipes are simple and require only a handful of ingredients from your stockpile, but they'll keep your bellies full and satisfy cravings for homecooked food.

Beans and rice

Beans and rice can be boring if you don't use the right ingredients. This dish is popular among preppers because beans and rice are the [perfect survival foods](#). Both ingredients have a long shelf life and are easy to store when dry.

When served together, beans and rice can provide plenty of essential nutrients. The dish is full of carbohydrates, protein, vitamins and minerals that will fuel your body in a survival scenario.

Your dish will be anything but boring if you [use flavorful additives like seasonings](#), spices and beef or vegetable broth. Add meat to beans and rice for a hearty dish.

Ingredients for 10 servings:

- 1 1/2 Cups vegetable broth, low sodium and low-fat
- 3/4 Cup uncooked white rice
- 3 1/2 Cups canned [black beans](#), drained
- 1 Teaspoon ground cumin
- 1 Teaspoon olive oil
- 1/4 Teaspoon cayenne pepper
- 1 Onion, chopped
- 2 Cloves garlic, minced

Preparation:

1. Heat the oil in a stockpot over medium-high heat then add the onion and garlic and saute for four minutes.
2. Add the rice and saute for two minutes.
3. Add the vegetable broth, then bring to a boil. Cover the broth and lower the heat, then cook for 20 minutes.
4. Add the spices and black beans.

Cornbread

Cornbread is a famous southern side dish that is made from ground cornmeal with a crumbly, muffin-like consistency. (Related: [5 Pioneer recipes that will keep your belly full when SHTF.](#))

This dish is [easy to prepare and calorie-dense](#). You can make cornbread a little lighter and fluffier or denser and the only downside is it doesn't travel that well.

Ingredients for 12 servings:

- 1 1/4 Cups white cornmeal (You can also use 1 1/4 cups blue cornmeal.)
- 1 Cup milk
- 1 Cup whole wheat flour
- 1/2 Cup sugar
- 1/4 Cup butter (or 1/4 cup margarine), melted
- 1 Tablespoon baking powder
- 1/2 Teaspoon salt
- 1 Large [egg](#)

Note: You can reduce the sugar to 1/3 cup and use two eggs.

Preparation:

1. Heat the oven to 400 F.
2. Grease the bottom and sides of a round pan (9 x 1 1/2 inches) or a square pan (8 x 8 x 2 inches) with shortening.
3. Get a large bowl and beat the milk, butter and egg using a hand beater or wire whisk.
4. Stir in the remaining ingredients all at once until the flour is moistened. It's fine if the batter is lumpy.
5. Pour the batter into the pan.
6. Bake for 20 to 25 minutes or until the cornbread is golden brown. The cornbread is done if the toothpick inserted in the center comes out clean.
7. Serve warm if desired.

Pork chops

Pork is a staple in many diets around the world and pork chops are a classic dish that you can cook by grilling or pan-frying. Pork chops contain calories and [are healthier compared to other meats](#).

Ingredients for 6 servings:

- 6 Boneless [pork](#) loin chops (5 ounces each)
- 1 Can (10-1/2 ounces) condensed chicken with rice soup, undiluted
- 1/2 Cup whole wheat flour
- 2 Tablespoons olive oil
- 1 1/2 Teaspoons dried parsley flakes
- 1 1/2 Teaspoons ground mustard
- 1/2 Teaspoon garlic salt
- 1/2 Teaspoon pepper
- 1 Medium onion, quartered

Preparation:

1. Get a large resealable plastic bag and combine the garlic salt, pepper, mustard and flour. Add the pork, one chop at a time, then shake to coat.
2. Get a large skillet and brown the chops in oil on each side.
3. Transfer the pork to a three-quart slow cooker, then top with the soup, onion and parsley.
4. Cover the pork and cook on low for five to six hours or until the meat is tender.

Potato cakes

[Potato cakes are made](#) by frying mashed potatoes in oil or baking a batter made from ground or finely grated potatoes.

Starchy potato cakes are full of calories, and you can eat them for breakfast, lunch or dinner by serving them with other ingredients. Potatoes are full of vitamins and minerals that will give you an energy boost after SHTF.

Ingredients for 4 servings:

- 2 Cups mashed [potatoes](#)
- 1 Cup whole wheat flour
- 1/2 Cup vegetable oil, or as needed
- 1/2 Teaspoon ground black pepper
- 1/2 Teaspoon salt
- 1 Onion, diced
- 1 Egg

Preparation:

1. Mix the mashed potatoes, flour, onion, egg, black pepper and salt in a bowl until the mixture has a batter-like consistency.
2. Heat the vegetable oil in a skillet over medium heat.
3. Drop four-inch circles of batter into the hot oil and cook until golden brown or at least five minutes per side. Remove the potato cakes with a slotted spoon or ladle and drain them on paper towels. Repeat with the remaining potato cake batter.

Stew

A stew is a great prepper dish because you can make it using a variety of ingredients like your choice of broth, a variety of meats, vegetables and seasonings. Combining these ingredients in

a stew pot and simmering for several hours produces a hot, hearty meal.

[This recipe for beef stew](#) requires a slow cooker.

Ingredients for 8 servings:

- 3 Lbs. [beef](#) (chuck roasts, bottom round roast, rump roast, top round, or pot roast), cut into 1-inch chunks
- 4 Cups beef broth, low sodium
- 1 Cup chickpea flour
- 3 Tablespoons balsamic vinegar
- 3 Tablespoons tomato paste
- 2 Tablespoons arrowroot, or as needed, for thickening
- 2 Tablespoons olive oil, add more as needed
- 1 1/2 Teaspoons sea salt
- 1 Teaspoon dried thyme
- 1 Teaspoon sea salt
- 1 Teaspoon ground black pepper
- 1/2 Teaspoon dried rosemary
- 2 Large Yukon Gold potatoes, diced
- 3 Carrots, sliced
- 1 Medium sweet potato, diced
- 1 Yellow onion, diced
- 2 Stalks celery, sliced
- 4 Cloves garlic, minced
- 1 Bay leaf
- Fresh thyme leaves, for garnish

Preparation:

1. Get a large mixing bowl and combine the chickpea flour, sea salt and ground pepper. Stir well.
2. Add the cubed meat to the chickpea flour mixture, then toss to coat well.
3. Heat the olive oil in a large skillet over medium-high heat. Cook the coated meat and brown them on all sides in batches. You don't need to cook the meat all the way through, you just need a golden, crispy crust that will add flavor to the stew.
4. Transfer the browned meat into the slow cooker.
5. In the same pan, add the diced yellow onion then cook for two to three minutes.
6. Add the minced garlic to the onion and cook for one minute or until fragrant. Add the garlic and onion into the slow cooker.
7. Add the balsamic vinegar, tomato paste, low sodium beef broth, dried rosemary, dried thyme, sea salt, cubed potatoes, cubed sweet potatoes, sliced carrots and sliced celery. Stir to combine, then add the bay leaf.
8. Set the slow cooker to the low setting for six to seven hours or on high for three to four hours. Stir the stew when about halfway through. The stew is ready when the meat is tender and falls apart and the potatoes are tender when poked with a fork.
9. Garnish them with fresh thyme before serving.

